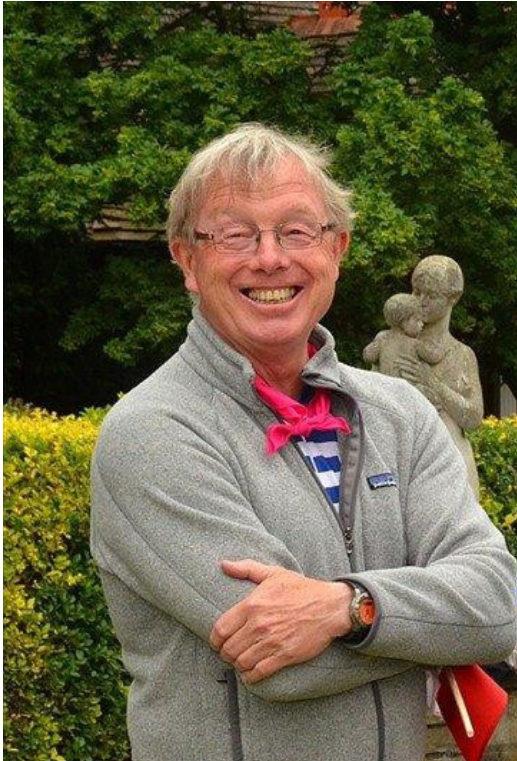


Dr. Don McKenzie, Vancouver, British Columbia, Canada
Advisory Board - International Breast Cancer Paddlers Commission (IBCPC)

Dr. Don McKenzie is the sports medicine physician who, in 1996, founded and coached “Abreast In A Boat”, the first breast cancer dragon boat team of twenty-four women in Vancouver, British Columbia, Canada.



Dr. McKenzie launched his project to test his theory that upper body exercise would be beneficial for people who had been treated for breast cancer, challenging the prevailing thinking that such exercise would cause lymphoedema. He was right and the breast cancer dragon boat movement has become an international phenomenon, with over 180 teams in 16 countries (and growing).

Not only does Dr. McKenzie work with breast cancer paddlers all around the world, he is also a member of the Medical Committees of the International Canoe Federation (ICF) and the International Olympic Committee (IOC) and was formerly the Chairman of the International Dragon Boat Federation Medical Commission (IDBF). He has been physician to the Canadian National Canoe Team since 1981 and has attended each summer Olympics since 1984.

Currently Dr. McKenzie is Professor and Director of the Division of Sports Medicine, Faculty of Medicine at the University of British Columbia in Vancouver. His areas of expertise are: clinical exercise physiology, breast cancer and exercise, and pulmonary physiology. He is a recipient of many awards including the Rick Hansen Sports Medicine Research Award; Outstanding Scholar, University of British Columbia; and Canadian Society of Exercise Physiology Honour Award.

Dr. McKenzie continues his work in research around breast cancer and exercise. This work is followed closely by the medical community and the breast cancer paddlers around the world. He enjoys paddling, sailing and surfing. His wife, Barbara is a retired teacher and they have two grown children. – a daughter who is a resident in internal medicine and a son in the computer technology field.

Dr. McKenzie activities with breast cancer paddlers have enriched his life and the paddlers say the same thing about him. He has improved the quality of life for more people than he will ever know. He has given them hope; hope that they can lead a full and active life after treatment for breast cancer.

Dr. McKenzie writes a regular column for the IBCPC Newsletter; questions can be submitted to him by emailing committee@ibcpc.com.